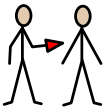






Self-isolation

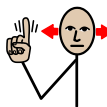

 If you or others in your home have symptoms of coronavirus,



 self-isolation helps stop coronavirus spreading.

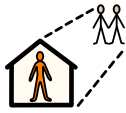
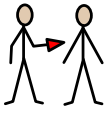

 If anyone has symptoms no one should leave the house.


 Staying at home is called self-isolation.

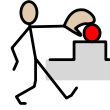
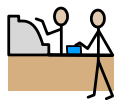
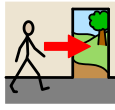
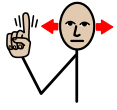

 If you are self-isolating you must:


 Not leave the house.


 You can leave to exercise, but must stay 2 metres away from people.



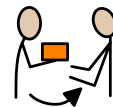
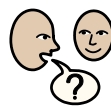
If you are self-isolating you must:



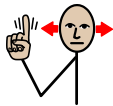
Do not go out to buy food or get medicine.



Order food and medicine by phone or online.



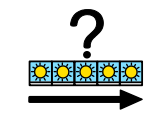
You should ask someone to collect for you.



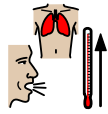
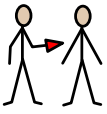
Do not have visitors enter your house.



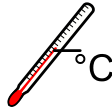
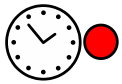
You can go out to your garden.



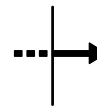
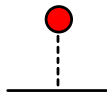
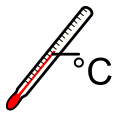
How long to self-isolate?



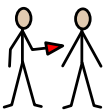
If you have symptoms, you must self-isolate for 7 days.



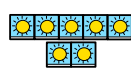
After 7 days, if your temperature is low you can stop self-isolating.



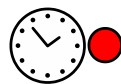
If your temperature is high, you must continue self-isolating.



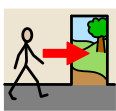
If you only have a cough, you can stop self-isolating.



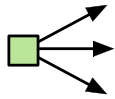
A cough can last several weeks after an infection.



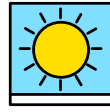
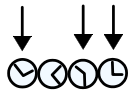
You should stay at home after self-isolation.



You can go out to buy food, medicine and to exercise.



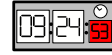
Stop the spread of infection at home



Wash your hands lots of times during the day.



20



Use soap and water and wash for 20 seconds.



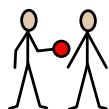
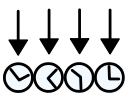
You can also use hand sanitiser.



Cough and sneeze into your elbow or a tissue.

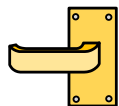


Throw away tissue and wash your hands.








Regularly clean your home and things you touch with disinfectant.

e.g.















For example, door handles, kettle, phone, etc.



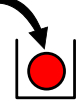
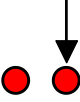

    
Cleaning and laundry during self-isolation.

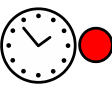

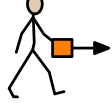


8 April 2020

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 You can  clean  your home  with detergents  and  bleach.

 Tissues  and  cleaning cloths  should be  put into  rubbish bags.





 Put  the rubbish bag  into  another  rubbish bag.

 After  3 days  you can  take out  the rubbish bag  to  your wheelie bin.

 Other  household  waste  can be  thrown away  as normal.

 You can  wash  an ill person's  laundry  with other people's  laundry.




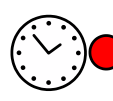


 Do not  shake  dirty laundry,  it can  spread  the virus  in the air.



 +   
Cleaning and laundry during self-isolation.



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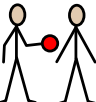
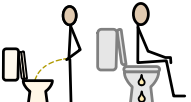

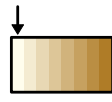
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  → 
If you take your washing to a laundrette,

     
you must wait 3 days after you have stopped self-isolation.

 + 
Health and wellbeing

  
Drink enough water.

   
Your urine should be pale and clear.

  
Take paracetamol to help with symptoms.



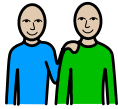
+



Health and wellbeing



Contact



friends

+



family



on the phone

or



internet.



Speaking to people

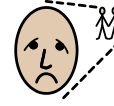


will stop you



feeling sad

or



lonely.



Think of



activities



you enjoy



indoors

to



prevent

getting bored.



e.g.



cooking,



reading,



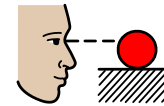
online



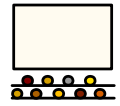
learning

+

and



watching



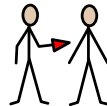
films.



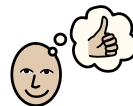
You should



do light exercise



if you are



well enough.